

**SIERRA DELTA LEAGUE****FOOTBALL ALL LEAGUE****2022-2023**

<b>CO-MOST VALUABLE PLAYER</b>	Silas Umbay	Esparto
<b>CO-MOST VALUABLE PLAYER</b>	Tony Bellante	Rio Vista
<b>OFFENSIVE MOST VALUABLE PLAYER</b>	Guillermo Avina	Esparto
<b>OUTSTANDING LINEMAN OF THE YEAR</b>	Dennis Stenholm	Esparto
<b>DEFENSIVE MOST VALUABLE PLAYER</b>	Isaiah Turner	Rio Vista
<b>COACH OF THE YEAR</b>	Chris Carr	Esparto

**First Team SDL All League**

Name	Position	Grade	School
Silas Umbay	Linebacker	12	Esparto
Luke Simpson	Defensive End	12	Esparto
Dennis Stenholm	Defensive Line	12	Esparto
Guillermo Avina	Running Back	12	Esparto
Nico Hernandez	Quarterback	12	Esparto
Nate Arismendez	Running Back	12	Esparto
Antonio Seastrunk	Defensive End	11	Esparto
Jason Chavarria	Wide Receiver	12	Esparto
Tony Bellante	Running Back	12	Rio Vista
Marco Carrillo	Running Back	11	Rio Vista
Michael Lorton	Linebacker	12	Rio Vista
Matt Bodle	Linebacker	11	Rio Vista
Nathan Frisbie	Defensive End	9	Rio Vista
Damien Castellanos	Defensive Back	11	Rio Vista

Manuel Colon	Offensive Line	10	Highlands
Covon Wheeler	Running Back	11	Highlands
Ahmere Choyce	Running Back	11	Highlands
Evan Moore	Offensive Line	12	Highlands
James Baca	Wide Receiver	12	Highlands
Wesley Krier	Wide Receiver	12	VCS
Rafa Rios Jr	Offensive Line	11	VCS
Kobe Powell	Linebacker	9	VCS
Kai Nunley	Running Back	12	VCS
Ruben Frias	Defensive Line	11	VCS
Drennan Gaw	Offensive Line	12	Golden Sierra
Zachary Bingham	Tight End	12	Golden Sierra
Jackson Klahn	Punter	12	Golden Sierra
Franklin Broadnax	Wide Receiver	12	San Juan
Drew Hansen	Linebacker	12	San Juan

#### **Honorable Mentions**

Name	Position	Grade	School
Andres Barragan	Defensive Line	12	Esparto
Diego Perez	Defensive Back	12	Esparto
Cristian Torres	Offensive Line	12	Esparto
Cohen Sihapanya	Offensive Line	10	Esparto
Daniel Diaz	Defensive Back	10	Rio Vista
Angel Mendoza	Running Back	10	Rio Vista
Cesar Valentin	Linebacker	10	Rio Vista
Ian Vieira	Offensive Line	12	Rio Vista

Nic Putrov	Defensive Back	11	Highlands
Walter Lewis	Quarterback	9	Highlands
Dylan Schell	Tight End	11	Highlands
Jason Powell	Offensive Line	11	Highlands
Brendan Jackson	Quarterback	9	VCS
DJ Seymour	Wide Receiver	9	VC
Dominique Ruff	Wide Receiver	12	VCS
Dylan Martin	Offensive Line	12	VCS
Koa Larson	Running Back	12	Golden Sierra
Marcus Profitt	Offensive Line	12	Golden Sierra
Gavin Miller	Running Back	10	Golden Sierra
Tazaih Ford	Wide Receiver	11	San Juan
Dylan Shamblin	Defensive Back	11	San Juan
Aiden Broadnax	Offensive Line	10	San Juan
Ethan Murray	Defensive Line	12	San Juan